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Remember safety during harvest

Warder Shires
Extension Educator

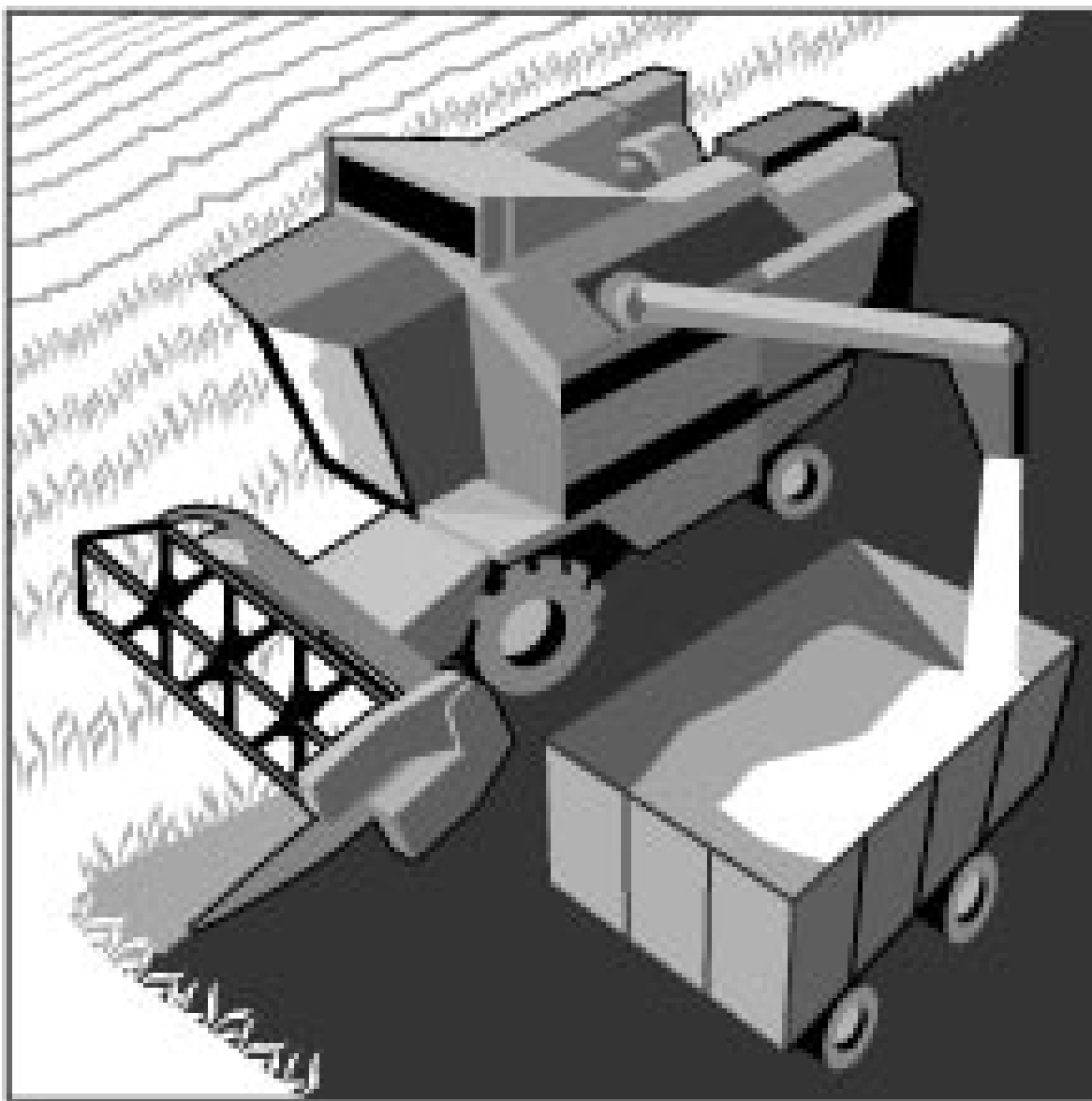
Harvest time means lack of sleep, long lines at the elevator, worrying about weather, finding parts for a broken down combine, and extreme worry about grain prices. Getting ready for harvest involves time to clean grain bins, making grain dryers operational, lubricating and fixing grain augers, and ordering fuel and other supplies. Conditions that make the actual harvest much more hazardous include working in darkness and inclement weather conditions, dealing with the inherent dangers of harvesting equipment, moving machinery on narrow country roads, and hauling heavy loads of grain to the market. These are just a few concerns and decisions that distract farmers from making safety their number one priority. Unfortunately, some poor decisions, such as deferring maintenance, have contributed to injuries and fatalities during harvest.

Here are some tips to help prevent a stressful time from becoming tragic. Repair machinery and equipment before it breaks down. While maintenance

before harvest is routine, maintenance during harvest becomes an emergency. Stock up on items or parts that routinely fail or need replacing. Make sure the fire extinguisher is operable. Get out the owner's manual and do a complete pre-harvest check of all adjustments, fluid levels and pressures, and clean out the machine. Unless directed in the operator's instructions, don't make any adjustments or do any cleaning with the engine running.

Watch out for kids around large machinery—walk around your combine before you head out to the field to make sure you don't run over anything or anybody. Keep kids out of grain carts and away from augers and PTOs. Don't leave combine headers, truck boxes or loaders in the up position unless safety locks or stands are in place. Stepping over rotating shafts can ruin your jeans and put you in the hospital. Remove tie strings from hooded sweatshirts and jackets and replace torn and tattered coveralls, jackets and other work clothes.

If you are troubled by allergies, wear a properly fitted dust mask or respirator when working around grain. Add goggles if your eyes are irritated



by grain dust and chaff. See your physician if allergic reactions incapacitate you. Read the fine print on any allergy medications you are taking, even non-prescription drugs. Many of these medications may make you

drowsy and/or clumsy, and a dangerous machinery operator.

Get plenty of rest, eat nutritious food and don't overuse or abuse caffeine, nicotine or alcohol. Take a ten or fifteen minute break when the rows start

to run together—walk around the combine, stretch out those cramped muscles, or shut off the engine and perhaps listen to the wind. A successful harvest season is a safe one. (WS)

PRIORITY PROGRAM INDEX

The mission of the University of Nebraska Cooperative Extension in Lancaster County is to help people address issues and needs related to their economic, social and environmental well-being through educational programs based upon scientific knowledge.

Look in this box each month to spot articles addressing Extension priority initiatives. Specific program areas are highlighted with a corresponding icon.



Agricultural Competitiveness and Profitability

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Youth and Family Initiative

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"Bone health affected by diet"—page 6



Strengthening Neighborhoods and Communities

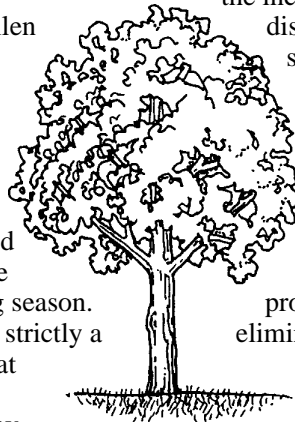
"Community empowerment of youth"—page 10

Fall clean up in the orchard

Care for the home orchard does not stop when the harvest ends. A critical part of the pest control program remains, the fall orchard clean up.

Cleaning up fallen fruits and leaves eliminates many insect pests and disease organisms that would overwinter in the orchard. They would be a problem for the next year's growing season.

Clean up is not strictly a fall chore. Fruits that drop and diseased leaves that fall at any time during the growing season should be cleaned up as soon as



possible. The major clean up occurs in the fall after harvest is over and trees have lost their leaves. A fall clean up can reduce the incidence of fungal

diseases, such as apple scab. It can also reduce the pressure placed on trees by pests, such as apple maggot, by reducing the overwintering population of insects.

A fall clean up probably will not eliminate the need to use pesticides to control these problems, but it should help make chemical controls more effective. (MJM)



Horticulture

Over the garden fence



Don Janssen
Extension Educator

Q. What causes tree leaves to turn color in the fall?

A. Many people believe it is cooler temperatures and frost that cause leaves to change color, but the reds and yellows of autumn are actually due to chemical changes in the leaves that occur in response to changes in day length. As the period of daylight becomes shorter, the green chlorophyll in the leaves breaks down, allowing the other pigments that were present all along to become visible. Sunny fall days and night temperatures below 45 degrees F favor the formation of brilliant reds and yellows in the leaves of maples, green ash, Wahoo burning bush and red oak. Cloudy, rainy, warm fall weather will result in less red coloration. Early, severe frosts may simply kill leaves and turn them brown.

Q. I'd like to bring some of my flowering annuals indoors and grow them through the winter. What's the best way to handle them?

A. For best results with wax begonias, coleus and impatiens, select vigorous, healthy plants and dig them up carefully. Place

the root mass in a five to six-inch pot and fill in around it with a standard potting mix. Prune

the tops back to within four to six inches of the soil mass (to the main branches). Water with a standard soluble house plant fertilizer and place the pots in bright light. Keep a close eye on plants for insect and disease problems, such as powdery mildew. Keep pinching out the tops to promote branching.

Q. I know I need to get my tuberous begonias out of the garden, but what do I do with them after I dig them up? How do I store them so they'll grow next year?

A. After the tops are injured by frost, gently lift the plants and cut the stems back to the soil line. Leave the ball of roots and soil intact. Store them in a cool, dry storage area for two to three weeks to cure. Then remove the remaining soil, stalks and roots, cut out any rotted spots, and spray or dust with a fungicide. Store the tubers at 50 degrees F in low humidity. To prevent excessive moisture loss, pack them in dry peat, sand, sawdust or vermiculite. (DJ)

Caring for fuchsia

A fuchsia makes a good plant for a hanging basket in cool, shaded or partially shaded conditions. Pinching will make the plants fill out and look bushier. Use a moist, well drained, soil mix, but do not allow it to dry out. Fertilizer can be given at two week intervals.

Fuchsia are actually a shrub requiring a winter rest period. Begin to withhold water now and allow the soil to become drier, but not completely dry. As soon as leaves and flowers drop, provide cool, but above freezing, storage conditions.

Do not let the soil dry out completely during the rest period. In mid April the plant may be pruned, placed in a well-lit area and watered regularly to restart it.

Fuchsia may be propagated by seed or cuttings. The seed germinates in 21 to 28 days at

temperatures between 70 and 75 degrees F. Take softwood cuttings, with four pairs of leaves, from new growth in the spring. Make the cuttings just below a node. Remove the bottom pair of leaves and insert the cutting into a container of potting soil. (MJM)



Fall lawn care

The fall season is a busy time for gardeners. With so much to do, lawn care is sometimes neglected. However, proper fall lawn care helps insure an attractive, healthy lawn next growing season. Late fall lawn care includes:

Mowing—Continue to mow the lawn until the grass stops growing. The foliage of cool-season grasses, such as bluegrass, usually stops growing in early November. Mow bluegrass lawns at a height of two to two-and-one-half inches in the fall.

Fertilizing—Even though turfgrass foliage stops growing in late fall, the roots continue to

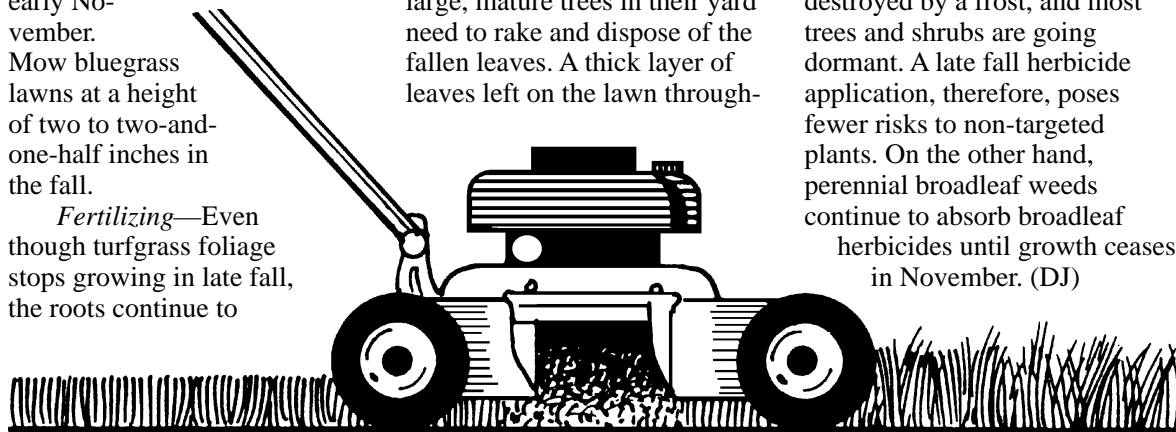
absorb and use nutrients.

Applying a fertilizer in late fall (late October to early November) helps promote root growth and produces an early green up next spring. Apply one to one-and-one-half pounds of actual nitrogen per 1,000 square feet. Good sources of nitrogen for late fall fertilizing include urea or one of the slow release nitrogen sources.

Raking—Gardeners with large, mature trees in their yard need to rake and dispose of the fallen leaves. A thick layer of leaves left on the lawn through-

out the winter may smother and damage the turfgrass plants. Composting is an excellent way to dispose of leaves. Small quantities can be shredded by a lawnmower and left on the lawn.

Broadleaf Weed Control—Broadleaf weed herbicide applications in late fall are effective and pose fewer risks than growing season applications. By late fall, most flower and vegetable gardens have been destroyed by a frost, and most trees and shrubs are going dormant. A late fall herbicide application, therefore, poses fewer risks to non-targeted plants. On the other hand, perennial broadleaf weeds continue to absorb broadleaf herbicides until growth ceases in November. (DJ)



October garden hints

✧ Plant spring flowering bulbs.
✧ Cut down stems and foliage of herbaceous perennials after two or three hard frosts and when leaves begin to brown.

✧ Dig and bring in cannas, dahlias and gladiolus. Dry, clean and store the bulbs in a cool location free from frost.

✧ After several hard frosts, add mulch to your perennial flower garden. A one-inch layer of straw or chopped leaves will help conserve soil moisture and protect the root system.

✧ When deciding on new trees or shrubs to plant around your home, remember to select varieties that will fit the location once they have reached their mature height. This will greatly reduce pruning and other maintenance in the future.

✧ Pick bagworms from evergreen shrubs. This will eliminate the spring hatch from overwintered eggs.

✧ Remove leaves from the lawn to reduce lawn problems. Compost or shred the leaves and use them for mulch.

✧ Fall is the time to control certain broadleaf weeds in the lawn, such as white clover, dandelion and ground ivy.

✧ Make a note of any particularly productive or unsatisfactory varieties of vegetables that you planted this year. Such information can be very useful when planning next year's garden.

✧ Remove any diseased or insect infested plant material from your garden. It may harbor overwintering stages of disease or insect pests. If you leave this plant material in your garden, you are leaving diseases and insects which will begin to reproduce again next spring and add to next year's pest problem.

✧ Cure pumpkins, and butternut and hubbard squash at temperatures between 70-80 degrees F for two or three weeks immediately after harvest. After curing, store them in a dry place at 55-60 degrees F.



✧ Use dried herbs to make fragrant wreaths and dried flower arrangements.

✧ Clean up the orchard and small fruit plantings. Sanitation is essential for good maintenance. Dried fruits, or mummies, carry disease organisms through the winter to attack next year's crop.

✧ Nut trees are a fine addition to the home landscape. They may accent the house, provide shade in the summer and even become a food source.

✧ Christmas cactuses need special care now to be able to provide beautiful flowers this December. Buds will form at 50-60 degrees F or when the plant is exposed to at least 13 hours of complete darkness each night.

✧ Fall is an excellent time for taking soil samples in the lawn and garden. Soil tests will measure the pH of the soil, organic matter content and levels of some of the major elements required for plant growth, such as phosphorus and potassium. (MJM)

The Herb Garden

Common thyme

Thyme, a perennial hardy to Zone 4, can be grown from seed in a flat, kept at about 55 degrees F. Germination takes three to four weeks. The first year plants will be small and not flower, growing more robust and flowering the second year. Thyme needs good drainage for its deep roots. Plants should not be set too close (12 inches), and should be hardened off before planting in the garden (a week or more of several hours of sunlight and then returned to shade before evening). Divide established plants in the spring. Fall transplanting can invite winter kill.

Dry thyme by hanging bunches in a warm place out of direct sunlight. In cooking, thyme is frequently used fresh or dried in soups, stews and sauces. Fresh thyme added to rice is a flavorful treat. Lemon-scented thymes are good for tea and potpourri. (DJ)

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Set harvest equipment to reduce damage



Combines and dryers are the main culprits behind the majority of grain damage, according to a University of Nebraska study conducted several years ago. Observations by both farmers and elevator operators have led to the belief that augers cause a great deal of grain damage. In fact, little kernel damage is attributed to the handling of grain.

Augers, it seems, merely break up grain which has been damaged during harvesting and drying. Biological Systems Engineering researchers analyzed the movement of corn from field to storage, looking for kernel damage. They found that about 40% of the total breakage susceptibility was attributed to combining with another 40% attributed to drying. Augers accounted for no more than 10% of breakage susceptibility. Breakage susceptibility is the percent of weight of corn passing through a dockage sieve.

Damage in the field:
Surprisingly, the study showed 2-1/2 % to 4% of the corn in the field was showing minor or

severe kernel damage prior to harvesting. After harvesting, drying and handling, 12% to 17% of the kernels were severely damaged, with kernels broken, deeply split or missing pieces of endosperm. Breakage susceptibility levels were 65% higher for corn harvested at 24% moisture compared to grain at 19% moisture. This difference was due primarily to the damage occurring during drying, the researchers point out.

While augers don't make kernels more susceptible to breakage, most broken corn and fine material shows up during conveying. This indicates that there is a need to minimize the number of handling operations required to move corn from storage to the market.

Run augers full and slow: To cut down on conveying damage, be sure to run augers completely full and at slow speeds as much as possible. Dents and bends in the auger and operating augers at steep inclines increases kernel damage. Finally, 8-inch augers have been found to cause less damage than 6-inch units. (DV)

Center for Grassland Studies offers seminar series

The UNL Center for Grassland Studies is again offering its fall weekly seminar series. Presenters include university faculty and students, and guest speakers. Non-university guest speakers this year include Fritz Knopf (October 7) with the National Biological Survey speaking on conservation of vertebrate diversity on the Great Plains, and Dan Ursek (October 28) on the interrelationships of plants, prairie dogs and cattle. These two seminars are at 7:00 p.m.; additional seminars throughout the semester are at noon. All seminars are at the East Campus Union and are open to the public. For more information, or a complete list of speakers and topics, contact the Center for Grassland Studies, 402-472-4101. (WS)

Rural \$ense



Precision Decisions '96

The latest in precision agriculture will be featured at the Precision Decisions '96 Conference in Omaha, November 11-12, at the Holiday Convention Center, 72nd and Grover Streets.

Featured speakers will include producers using the latest technology as well as specialists from the industry and the University of Nebraska. Global Positioning Systems (GPS) and Global Information Systems (GIS) will be the conference focus. The presentations will include an overall discussion of precision farming

and the equipment it entails—computer software and hardware, monitoring equipment, and the cost-benefits of investing in precision agricultural equipment.

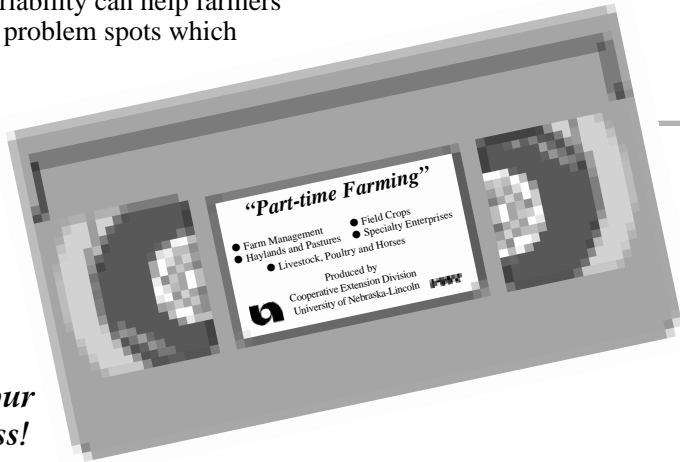
Precision agriculture, or site-specific production, relies on computers and satellites. This technology can determine exact yields from any field location. Producers can see yields as they harvest—as often as every second—and can plug the data card into the home computer to print out results. The field's yield variability can help farmers identify problem spots which

may require more intense analysis and management.

For more information, call Nebraska Farmer at (402) 489-9331, or the University of Nebraska Cooperative Extension in Lancaster County at (402) 441-7180. The conference is sponsored by Nebraska Farmer, Wallaces Farmer, Iowa State University and the University of Nebraska Institute of Agriculture and Natural Resources. (DV)

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Environmental Focus

Termite Control Workshop for Homeowners: October 24

What every homeowner needs to know about termites and termite control.

Did you know that Nebraska homeowners pay more than \$1 million each year for termite treatments? Professional treatment is a major expense for a homeowner. Why does it cost so much? Treatment estimates from different pest control companies can differ by \$1000 or more. Why are the estimates so different?

A very low estimate may indicate inadequate insecticide rates, volumes and treatment procedures will be used in the treatment of your home. Post-treatment levels of insecticide in the soil may be inadequate to

fully protect your home against re-infestation. Conversely, a high bid does not necessarily mean that a proper treatment will be done. How can you make sure that your home will be treated properly and protected from re-infestation?

Come to the Lancaster County Extension office on October 24, 6:30-9:30 p.m. We will teach you everything you need to know to understand how a proper treatment should be done and how to estimate what the cost should be. There will be a \$5.00-per-home-unit fee for this workshop. The fee will cover easy-to-understand reference materials. (BPO)

Garden residue aids wildlife

As you give your vegetable garden a final fall clean up this year, consider leaving some plant residue for wildlife. Leave bean plants and beans too mature to be harvested, corn stalks with nubbin ears that never grew big enough to be harvested, oversized summer squash, winter squash and pumpkins with soft spots or frost damage, leafy vegetables that went to seed, and the tough outer leaves and stalks of broccoli, Brussels sprouts, cabbage and the other cole crops as an emergency food source for wildlife.

You can still clean up the garden to reduce the carryover of insects and diseases.

Remove and burn, or put out for trash pickup, any diseased plant materials, including corn, that have been infected with smut, wilt-stricken squash vines and blighted tomato and potato plants.

Till or plow under stands of weeds and mulch that might provide overwintering shelter for squash bugs, cucumber beetles,

Colorado potato beetles, European corn borers and other pests. Leave the residue of healthy plants that could serve rabbits, birds and, in rural areas, deer as a winter food reserve.

Don't be surprised if some of the less palatable foods stand untouched for weeks or even months. The beans and squash seeds will go quickly, while things like Brussels sprouts stalks and leaves may remain a long while. But when snow gets deep and bark is about the only other food available, even those tough old stalks may be consumed.

Leaving garden residues for wildlife may help take some of the pressure off fruit trees and other potential foods in your landscape. It's wise not to count on this, however, to protect your landscape plants from all harm. Mice will still be busy under the snow, so you'll still need to protect fruit trees and valuable landscape plants with either physical barriers or taste or odor repellents. (DJ)

How did *that* get in here?

A door opens and a moth flies in, a millipede crawls through a crack in the foundation, your nephew brings a "shiny" beetle into the house, or a snake slithers through a basement window—all of these creatures have been reported in homes this time of year. Most are "accidental invaders"—creatures that came in by mistake. You will probably see more "accidental invaders" during the fall as they search out warmer quarters.

Most of these visitors are not "problem pests" because they won't be able to live very long in your home—it's



too dry and probably doesn't have food that will keep these "accidental invaders" alive.

When you find a pest, first find out what type of pest it is. Is it something that can be harmful to you or your family? Will the pest damage your belongings? Will it be able to live and breed in your home? Or, is it an accidental invader? If you're not sure what type of pest you have, call the Extension office at 441-7180 between 8:00 a.m. and noon, Monday through Friday. Correct identification is very important—you may be asked to

"Pest-proof" checklist



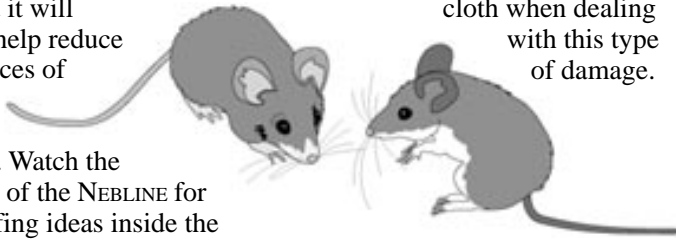
"Pest-proofing" may not keep every single animal or insect from wandering into your home, but it will certainly help reduce your chances of having pesty "visitors". Watch the next issue of the NEBLINE for pest-proofing ideas inside the home.

Your Home:

✓ **Are all the cracks around the outside of your house sealed so mice, rats, snakes, and insects can't squeeze in?** Use strong materials like cement, mortar or caulk to fill and seal cracks. Don't try to stuff cracks with cloth—it won't help.

✓ **Are there holes (or other rodent damage) in your home or garage?** Cover holes or rodent damage with hardware cloth that you can buy from a hardware store. Hardware cloth is a wire mesh that is both easy to use and inexpensive. Make sure the holes in the hardware cloth are not bigger than one-quarter inch. If you replace the damaged wood with new wood,

some animals (like squirrels) may chew right through it again. Cover new repairs with hardware cloth when dealing with this type of damage.



✓ **Do your doors, windows and screens fit tightly?** Doors, windows and screens should fit tightly. Caulk around openings (windows, doors). This treatment will help lower fuel bills in addition to keeping pests out.

✓ **Have you checked around your dryer vent and other openings to make sure mice are not going to use them as a way to get into your home?**

Your Property:

✓ **Have the leaves and grass clippings around your house been picked up and cleared away?** This will get rid of another hiding place for pests.

✓ **Do you keep your lawn mowed and clean up weedy or**

overgrown areas? These are all great hiding places for rodents, snakes and insects.

✓ **Are there piles of junk laying around your property (old bicycles, tires, trash)?** Rats and mice love clutter. Mosquitos and other insects are attracted to the standing water in old tire rims.

✓ **Do your garbage cans have tight lids?** Using lids will help keep rats, mice, flies and neighborhood animals from getting into your trash.

✓ **If you have a problem with rats or mice, do you use metal garbage cans?** Rats and mice can chew through cardboard or plastic trash containers.

✓ **Are your garbage cans stored away from the house?** Garbage cans attract pests.

✓ **If you recycle aluminum cans or collect pop cans, do you rinse the cans out and store them in a reusable box or container before taking them to a recycling center?** Cans with a little food or pop remaining are a great place for insects to live and breed. (SE)

Yikes! Jumpin' Jiminy Crickets

Barb Ogg
Extension Educator

Have you learned to open and close doors quickly to keep the crickets outside? Is there a chirping cricket hiding somewhere in the house, but you can't find it because it stops chirping when you walk near it? You aren't alone. This is the second year in a row that we have seen large crickets infestations—especially in more rural areas or where homes are near fields or pastures.

Why have there been so many crickets. We don't really know. Many insects have cycles when their populations increase temporarily in response to favorable conditions and later adjust to more normal levels. Most people think that insect outbreaks are related to weather conditions, but increases in the abundance of food and habitat, or decreases in natural enemies are just as likely to trigger population

explosions. The truth is that, with the exception of economic pests, most insects are not well studied and entomologists aren't sure what conditions trigger insect outbreaks.

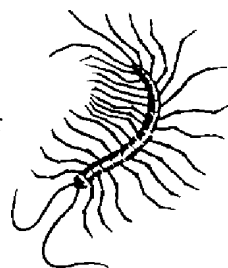
It is interesting, and maybe not a coincidence, that we are also seeing abundant populations of grasshoppers. Grasshoppers and crickets are closely related insects—both belong to the order Orthoptera. One might think that closely related insects might respond in similar ways to favorable conditions.

How can this help us deal with the problem at hand. First, it is helpful to understand that a certain level of crickets is always present, but may be so low most years that you hardly notice. We all know that cricket chirping is a part of Nebraska life—just think how odd it would be to not have any nighttime noises at all. Okay, you say, but it really drives me nuts when a cricket inside the house keeps me awake at night.

The first step in cricket control is to check around the outside of your home and caulk or repair cracks and other spaces you find that may allow crickets to get inside. Look carefully around your home's foundation, doors and ground-level windows.

You can discourage crickets from entering your home by keeping nearby weeds and grass cut short and by removing piles or stacks of wood, brush, bricks and similar objects that are close to your house. This minimizes their hiding places and reduces the number of crickets that get inside.

If you've got a chirping cricket inside the house, don't reach for the bug spray; the following tip works better. Pour a small amount of cornmeal in the center of a glue board (glue boards are available at hardware stores). Place the glue board near where you hear the chirping sound. Within a day or two, you should have gotten your cricket.



bring in your specimen. There is no charge for identification services.

Once you've found out what pest you're dealing with, learn about the places it likes to live, what it likes to eat and its other habits. This will help you decide what type of control to use. Is the solution as simple as...

- ◆ using a fly swatter or broom (for flies, moths, or other insects that get into your home by mistake)?
- ◆ gently capturing the stray insect, spider or snake and releasing it outside?
- ◆ setting a mouse or rat trap (for rodents)?

- ◆ getting rid of whatever is attracting the pest to your home (overripe fruit)?
- ◆ making repairs or changing your home environment so pests can't get in or find it a comfortable place to live?

Or, does the pest cause a health risk (body lice), does it damage valuable property (termites) or cause a problem serious enough to use chemical control (cockroaches)? Before you decide on chemicals, answer these questions:

- ◆ Is the problem serious enough to use chemicals?
- ◆ Is it worth the risk?
- ◆ Would the chemicals be used

- inside or outside the house?
- ◆ Would children, adults with health problems or pets be exposed to the chemicals?
- ◆ Are there areas where food is stored, where you make your meals or where you eat that would be exposed to the chemicals?

If you decide to use chemical controls, always carefully read and follow the directions on the product label each and every time you use the product. (SE)

Protect home from outside cold

According to U.S. Department of Energy estimates, millions of single-family homes in this country aren't adequately protected from outside weather. To make sure your home is not one of them, check out the following tips.

Draft-proof windows, floors and other air leaks

1. Test windows and doors for airtightness. Attach a piece of tissue paper to a dowel and move the dowel around window frames and sashes. If the tissue flutters, the windows need caulking and/or weatherstripping.

2. Caulk and weatherstrip doors and windows. Do-it-yourself caulking and weatherstripping materials cost about \$25 for the average home (12 windows and two doors). Savings in annual energy costs could amount to 10 percent or more.

3. Look for air leaks through walls or ceilings. Close fireplace dampers, seal cracks or holes, and fill gaps in insulation.

4. Install storm windows. Combination screen and storm windows (triple-track glass combination) are the most convenient and energy efficient because they can be opened easily when there is no need to run heating or cooling equipment.

Alternatives include hanging a heavy-duty, clear plastic sheet on a window frame (\$10-\$15 each), or a clear plastic film that can be taped tightly to the inside of the frame (approximately \$10 for an average home). These options provide as much savings as permanent storm windows, but require replacement each year.

Using any of these methods of weatherproofing can result in savings in reduced spending costs up to as much as 15 percent a year. Adding storm doors in extreme cold or very hot climates can increase those savings.

Insulate—No matter how a home is heated or cooled,

without proper insulation, it could be losing valuable heat and air-conditioning through its walls. Reduce the load on your heating equipment by 20 to 30 percent by investing in insulation. The benefit of insulation—lower utility costs—continues for years.

1. Find out if the home needs insulation. Needs may differ depending on the climate and the amount of existing insulation. For guidance, consult a reputable insulation dealer, local building inspector or Cooperative Extension office.

2. Become knowledgeable about R-values. R-values are numbers that indicate the resistance of insulation material to winter heat loss or summer heat gain. The greater the R-number, the more effective the insulating capability. Purchase the thickness of insulation that



will give the needed Rvalue. These numbers should appear on all packages of insulation materials including mineral, glass fiber or rock wool batts or blankets; foam or loose fill materials that are poured or blown into insulation spaces; or rigid board insulation.

3. It's important to find out the R-value before purchasing insulation materials. If the insulation doesn't have the R-value written on the package, ask the salesperson to write it on the receipt for future reference.

4. Insulate your attic floor or top ceiling. This should be done to a minimum of R-38 in

these spaces if possible. However, if there is old insulation in the attic, the R-value may not be determined. If there are three or fewer inches of old insulation, chances are that more insulation is needed to bring it up to the recommended level. Investment in attic insulation could range from \$100 to \$1,000. Heating and cooling savings could range from 5 percent (if adding to present insulation), to 30 percent (if there is no insulation).

5. Watch where insulation is placed. Don't insulate over eave vents, on top of recessed lighting or other heat-producing equipment on the attic floor. Also, keep insulation at least three inches from the sides of these areas.

6. Consider insulating exterior walls. This is expensive and requires the services of a contractor, but may be worth the cost if walls are uninsulated. There should be enough space in the walls to accommodate blown-in insulation that is at least R-11 to R-13 in most construction (except masonry). Costs range from 30 cents to \$1.65 per square foot.

Savings could amount to 16 to 20 percent of utility costs.

7. Insulate floors over unheated spaces such as crawl spaces and garages. Costs could range from \$200 to \$400 and savings could total near 8 percent on heating and cooling expenses.

8. Avoid unwanted moisture buildup caused by faulty installation of insulation. Be sure to follow instructions on the product, or obtain instructions from the insulation supplier concerning the correct method of installation and requirement for ventilation.

9. Be aware of indoor air quality. Check the home for carbon monoxide, and other potential air and moisture problems.

Source: Shirley Niemeyer, Home Environment Specialist, UNL (LB)

Environmental Focus



The coolest way to SQUASH an aluminum soda pop can

Soda pop cans just aren't what they used to be. In 1963, when they were first introduced, you could make 16 cans out of a pound of aluminum. Today, you can make around 30. The reason is something the industry calls "lightweighting". It's done to paper and plastic packaging as well, particularly as the public (that's you) shows a preference for less-packaged goods at the checkout counter.

Thinner can walls, a different shape, and improved alloys and manufacturing, all combine to make today's can a mere shadow of its former self and reduces transportation costs and the need for even more bauxite. Thinner can walls also help to

make this the coolest way to squash a can. It's a little trickier than it used to be, since cans don't stand up to the same kind of abuse they used to, but it's great fun! Try it—it saves space in your recycling center.

Step 1: Put an empty can under one foot and gently shift most, but probably not all, of your weight onto it. The other foot is still on the ground. This is touchy, like standing on an egg. If you're good, the can won't squash.

Step 2: Reach over and carefully, gently, slowly, touch both sides of the can with something pokey—like a pencil.

Step 3: BAM! Instant SQUASHED can! (ALH)

Fantastic facts

- An average kid dumps about 5 ounces of trash at school each day. That would be about 110 pounds of trash a year—the equivalent of 1,053 soda cans, 210 banana peels, 5,000 sheets of paper, and 803 milk cartons—if every day were a school day.
- Every ten seconds, around 45 people are born on planet Earth . . . and about 16 die. (ALH)

Make a ground bird feeder

Some birds, like doves, will not come to a hanging feeder but will come to ground feeders. Find an old cafeteria tray and set it on the ground outside your window. Fill the tray with wild bird seed. Don't forget the water. In cold climates, birds may find it difficult to locate water that hasn't frozen. Put a container of water near your feeder. You can place it on the ground or on a tree stump or box. In our cold climate, use a deeper container and keep an eye on the water to make sure it doesn't freeze. Break any ice that forms. (ALH)

Environment-conscious shopping can save money



You don't have to spend more money to reduce waste when you shop. In fact, shopping with the environment in mind can save money. Making purchases that involve less packaging is not the only way consumers can "shop green" while saving money. When researchers compared the prices of ten different products with both an environmental choice and a more wasteful choice, the environmental choice almost always cost less to purchase.

For instance, concentrated fabric softener, which comes in a smaller box, costs almost 20 percent less than a regular fabric softener. The prices of some recycled paper towels were up to 38 percent lower than prices for regular paper towels. Other environmentally wise items that often cost less are recycled facial and toilet tissues, recycled paper

napkins, household cleaner in recycled plastic, and furniture cleaner in a trigger-spray container rather than an aerosol container.

Avoiding individual-size containers can also save money while reducing trash. You can often save 70 percent per serving by buying cereal in a large box at \$2.79 per pound, instead of singleserving boxes at \$4.10 per pound. The large box also has less packaging waste.

Applesauce purchased in a large jar, rather than individual servings, costs 87 percent less per serving. Other foods such as popcorn, ravioli, tomatoes, and rice also cost considerably less when purchased in regular rather than individual-sized portions, while also reducing household trash.

Buying more durable items can also save money. For instance, rechargeable batteries

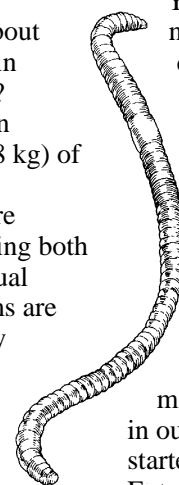
for toys and other appliances cost more to purchase, but because they don't have to be replaced as often, they cost less in the long run. Cloth towels (instead of paper towels), long-life light bulbs, and better quality and more durable appliances are other consumer choices that may cost more to purchase, but save money and reduce waste in the long run.

Here are other ways to save money while reducing household trash. Borrow or rent things you don't use very often. Buy used items when possible. Sell or donate your used clothes, furniture and appliances rather than tossing them.

Keep looking for other opportunities to reduce waste. Since the average U.S. resident throws away four pounds of trash a day, there should be ample opportunity to discover ways to cut back on our trash. (LB)

Did you know that...

- a nightcrawler can move a stone that is 50 times its own weight?
- composting toilets work more efficiently when redworms are present?
- a redworm can eat about half its body weight in food waste each day?
- the average American produces 105 lbs. (48 kg) of food waste per year?
- not all earthworms are hermaphrodites (having both male and female sexual organs)? Some worms are parthenogenetic; they are capable of cloning themselves or reproducing without a mate. Parthenogenetic species of worms may only have female sex organs because the male sex organs have become obsolete.



Indoor worm bins are a great way to continue composting through the winter months. If done correctly, your worm bin will not smell or attract insects.

You'll be able to recycle newspapers (used as bedding) and non-fatty food scraps from your kitchen (even coffee grounds and filters!). Hungry redworms readily eat all their bedding and food scraps. In return, you get a rich, earthy-smelling compost for your plants or garden, and, you've helped recycle materials that usually end up in our landfills. Get your bin started now by calling the Extension office and asking for the vermicomposting fact sheet (107-94). (SE)



Worried about youth?



“We’re worried about our own kids, our neighbors’ kids, the students in our schools, the youth in our community, and kids as a whole...”

“What if you knew that there are specific, practical things you can do to make a tremendous difference in young people’s lives? What if you saw documented proof that these specific, practical things really work? **What kids really need are adults who care.**”

Search Institute has administered a survey, “Profiles of Student Life: Attitudes and Behaviors”, to 273,000 young people in 600 communities and 33 states. From analyzing those surveys, Search Institute identified 30 assets that every young person needs in his or her life. The first 16 are **external assets**, things in a young person’s environment that support and nurture him or her, set boundaries, and involve the young person in structured time use with caring, principled adults. **Internal assets** are attitudes, values and competencies that belong in the head and heart of every child.

External Assets

1. Family support
2. Parents as social resources
3. Parent communication
4. Other adult resources
5. Other adult communication
6. Parent involvement in school
7. Positive school climate
8. Parental standards
9. Parental discipline
10. Parental monitoring
11. Time at home
12. Positive peer influence
13. Music
14. Extracurricular activities
15. Community activities
16. Involvement with a faith community

Internal Assets

17. Achievement motivation
18. Educational aspiration
19. School performance
20. Homework
21. Helping people
22. Global concern
23. Empathy
24. Sexual restraint
25. Assertiveness skills
26. Decision-making skills
27. Friendship-making skills
28. Planning skills
29. Self-esteem
30. Hope

Source: Adapted from What Kids Need to Succeed: Proven, Practical Ways to Raise Good Kids, Peter L. Benson, Judy Galbraith and Pamela Espeland, Search Institute and Free Spirit Publishing, Inc., 1995. (LJ)

FCE achievement meeting

“Forget the Calories”—— Enjoy the Dessert is the theme of the 1996 FCE Club Achievement Meeting, Monday, October 28 at 6:30 p.m. Deloris and LaVerne Renz of “The Renz Nest” and the County Pals 4-H Club will provide musical entertainment. FCE members will be recognized for their years of membership. All FCE members and

guests are invited to attend. If you would like to learn more about FCE (Family and Community Education Clubs) please feel free to join the evening activity. Clubs are reorganizing this month. For reservations call Lorene or Pam at 441-7180 by October 18. Come join us for this celebration of achievements. (LB)

FCE reorganizational materials ready

October 15 is the deadline for returning club reorganizational materials to the Extension Office. October 1 is the deadline for dues to be turned into the FCE Council Treasurer. (LB)

Bone health affected by diet



A teen’s diet likely will affect bone health in later life.

Teenage girls and young adult women who develop a healthy bone mass in the years of bone growth and increasing bone density are most likely to avoid the problems of osteoporosis. Osteoporosis is a disease of fragile, brittle bones which primarily affects women over age 45.

Low-fat milk, yogurt and frozen yogurt, ice cream and ice milk, custard, pudding and other dairy products, cheese, dried beans and peas, and dark green, leafy vegetables are all foods that boost calcium intake. From 1,200-1,500 mg of calcium per day is recommended for female teens. Four daily servings of

calcium rich foods pack a tremendous punch for meeting calcium needs. Even though the need is quite high, studies show that girls between the ages of 12 and 19 typically avoid food sources of calcium because of weight concerns. They think milk is fattening but if low-fat or nonfat sources are selected, dietary fat is greatly reduced.

When weight is an issue, there’s no need to eliminate calcium sources. Low-fat dairy products, dried beans and peas, and leafy, green vegetables are all excellent calcium rich choices to include in the diet.

Other behaviors that improve bone health include getting daily weight-bearing exercise and avoiding cigarettes and alcohol. Although the exact

cause is still unknown, cigarette smoking and alcoholic beverages are associated with increased risk for osteoporosis.

Limiting colas and other soda pops is a good idea. They are a source of phosphorus but lack in calcium. Overusing these beverages will disturb the calcium to phosphorus balance needed for best utilization.

Weight-bearing exercise, such as walking, dancing or light jogging, helps to increase bone density and reduce osteoporosis risk.

Meeting calcium needs is a matter of fitness. Take care of yourself in your growing and adult years. Include food sources of calcium, exercise, and avoid cigarettes and alcohol. The payoff will be worth it. (AH)

Alice's analysis

Alice Doane
FCE Council Chair

September 3-Time for another few thoughts.

State Fair is over and on the radio, the announcers talked about the big crowd. The crowd must have been in Bob Devaney for the different shows, because I didn’t see them on the street. I could walk around the exhibits in different buildings with ease.

I worked in the 4-H clothing area and saw many pretty exhibits. One of them was a vest made of four different sizes of sun bonnet quilt squares found in great-grandmother’s sewing basket. Also, a formal made of beads weighing over five pounds. The exhibitor said it

took over 300 hours to sew the beads on the dress. There was a jacket made by a young man consisting of 100% wool. The judges “oohed and ahhed” over the workmanship. Not bad for a 13 year old.

Oh yes, it rained the first night of the fair. Lucky the garments were covered with plastic because the next morning there were puddles of water on the floor. I understand the fair board plans to roof the building before the next fair. We hope.

Monday, October 28 is FCE Club Achievement Meeting. It will be held at the Lancaster Extension Conference Center at 6:30 p.m. Enjoy an evening of dessert and music (DO NOT COUNT THE CALORIES).

Guest are welcome. Call in your reservations to Lorene or Pam by October 18.

If your club has been organized since the original “Let’s Can Tomatoes Clubs”, or any other organization name it has gone by up to the present FCE name, LET US know when it was organized. Also tell us the number of active members and how long they have been active.

By the time you have read this analysis, I hope all 24 clubs have reorganized and the members had a good summer and are ready for an active year with FCE.

My thoughts for the month: Thomas Carlyle wrote “Music is well said to be the speech of angels”.

FCE 1997 leader training sessions

All trainings will be offered at 1 or 7 p.m.

The Giving Tree

Tuesday, January 7

Presented by: Don Janssen, Extension Educator

Why are trees important to us, our communities and our state? This lesson includes activities to create an awareness and appreciation of the diverse benefits that trees and forests provide.

Linking Family and Community Strengths

Tuesday, January 28

Presented by: Lorene Bartos, Extension Educator

Think back to the people who made a difference in your life. How can we recreate this support system in today’s youth? This program will focus on ways that we can challenge every citizen to take part in providing for the healthy development of youth and healthy survival of their families in the community.

Spelling Out Changes in Health Care

Tuesday, February 25

Presented by: Lorene Bartos, Extension Educator

This lesson will increase one’s knowledge of the “new” terminology and to improve one’s ability to function in the changing health care environment.

Estate Planning for Senior Citizen

Tuesday, March 25

Presented by: Chet McPherson, LIFE Office

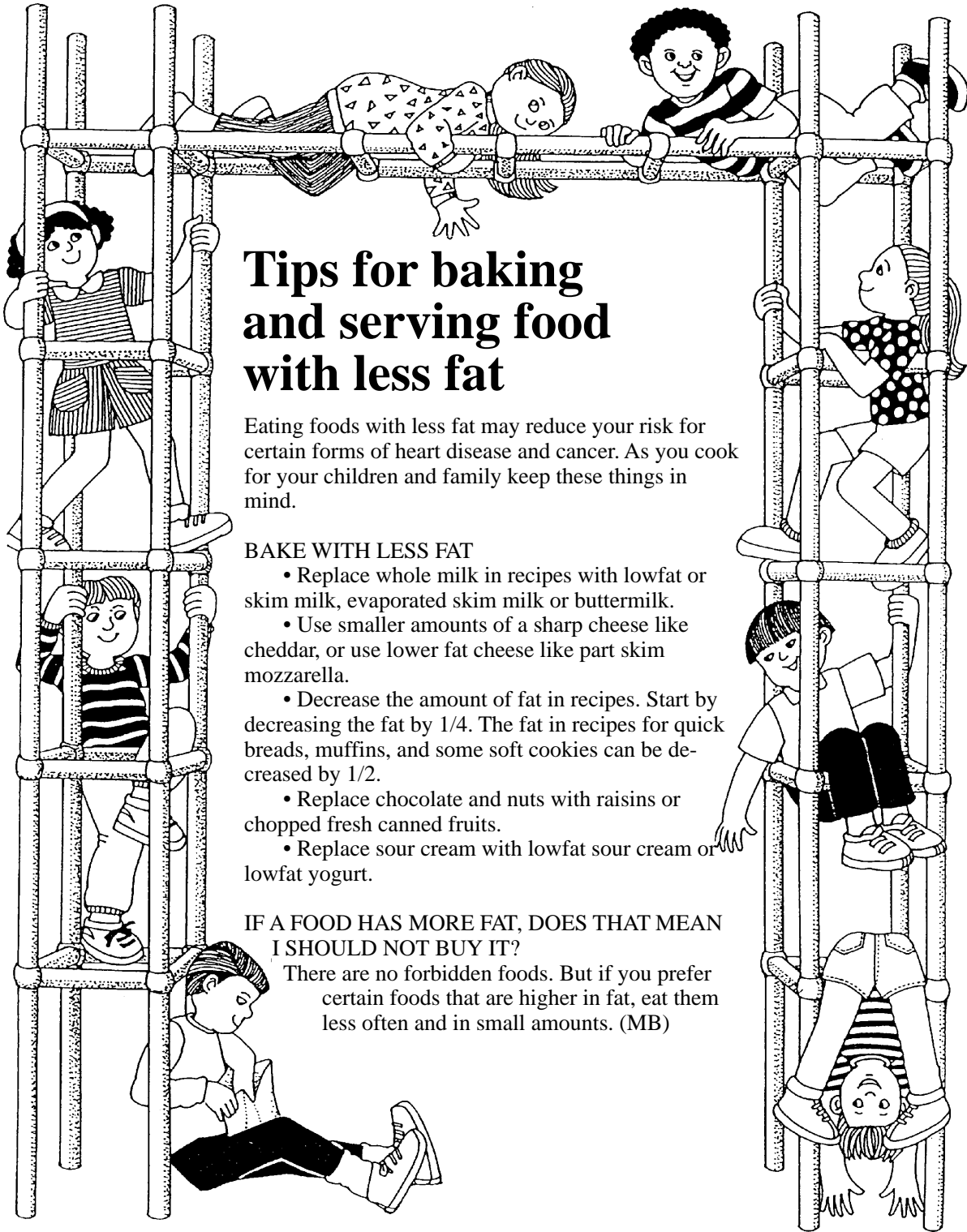
This lesson will focus on what should be included in estate planning such as insurance, upgrading medicare supplements, nursing home insurance, wills and much more with special emphasis from the women’s point of view.

Can We Come to Consensus on This?

Tuesday, September 23

Presented by: Lorene Bartos, Extension Educator

The way a group makes decisions has a lot of influence on how people feel about the group. This lesson will focus on how to help a group make decisions.



Tips for baking and serving food with less fat

Eating foods with less fat may reduce your risk for certain forms of heart disease and cancer. As you cook for your children and family keep these things in mind.

BAKE WITH LESS FAT

- Replace whole milk in recipes with lowfat or skim milk, evaporated skim milk or buttermilk.
- Use smaller amounts of a sharp cheese like cheddar, or use lower fat cheese like part skim mozzarella.
- Decrease the amount of fat in recipes. Start by decreasing the fat by 1/4. The fat in recipes for quick breads, muffins, and some soft cookies can be decreased by 1/2.
- Replace chocolate and nuts with raisins or chopped fresh canned fruits.
- Replace sour cream with lowfat sour cream or lowfat yogurt.

IF A FOOD HAS MORE FAT, DOES THAT MEAN I SHOULD NOT BUY IT?

There are no forbidden foods. But if you prefer certain foods that are higher in fat, eat them less often and in small amounts. (MB)

Family Living

Keep your ghosts and goblins safe

Excitement fills the air for young trick or treaters as they run from house to house on Halloween to fill their sacks with goodies. But overtired, over-excited children may take unnecessary chances.

Avoid accidents on Halloween by discussing the basic pedestrian safety rules with your children before the evening's adventure begins. Stress that extra caution is needed at night and provide them with costumes that have some reflective tape. Give them flashlights to light their way.

Youngsters of all ages should travel in groups. Never allow preschoolers or early primary-

aged children out without adult supervision. Confine their route to four sides of a single block, if possible, so there is no need to cross streets. If this is not possible, set down rules beforehand that crossing streets is to be done by the entire group and the adult who is supervising.

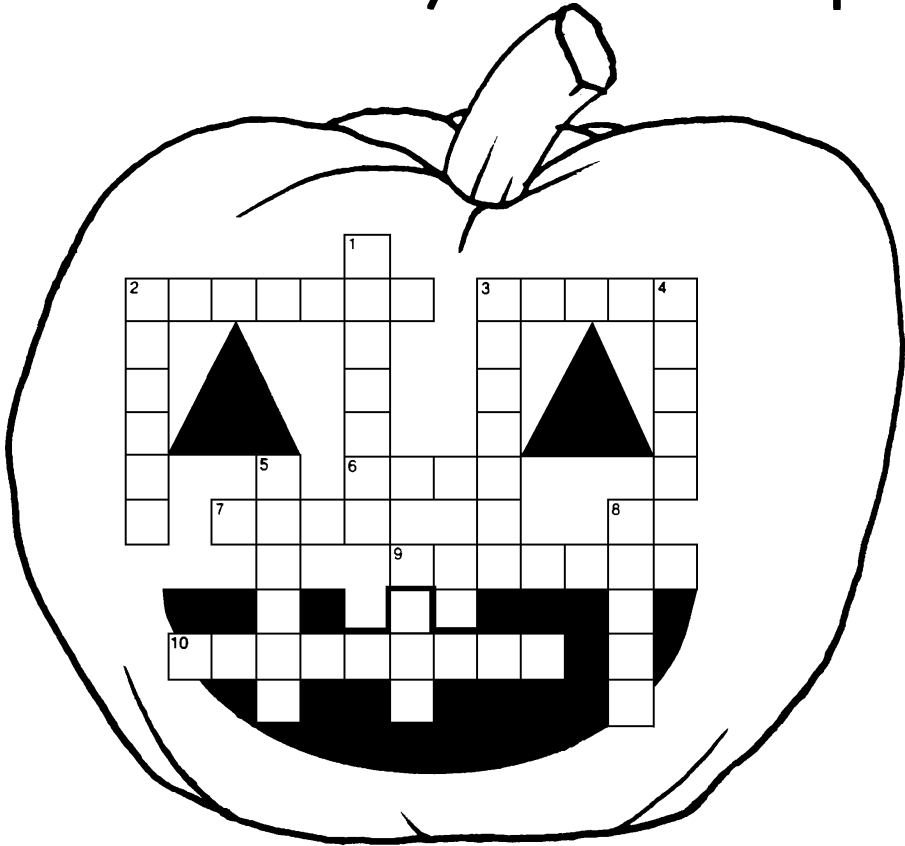
Boundaries and curfews should be set up for the older kids, too. No children should be allowed to roam all over town at late hours.

Caution your trick or treaters to avoid sampling treats until you have checked them over. Keep Halloween happy and safe. (LB)

HOUSEHOLD HINTS

Now is the time to check and clean chimneys of your fireplace and woodburning stoves. Creosote buildup can be eliminated by maintaining a big, hot fire instead of small, smoky or wet fires. It is important to sweep or clean the chimney flue and damper once a year. (LB)

Halloween safety crossword puzzle



Across

1. “?-?-treat” with safety in mind!
2. Try to find a costume which is flame-resistant. But remember, even if labeled “Flame-?”, a costume can still catch fire.
3. Make sure that this covering for the face has large eyeholes so you can see clearly.
4. This long strip will stick right on. Use the reflective kind to decorate costumes and make them “glow” in the dark.
5. A Jack-O’-? should be kept away from the door so no one trips over it.
6. This October holiday is a time for costumes, treats, and safety tricks.

Down

1. When you dress up in this disguise, make sure you can still move freely.
2. These collected goodies must be checked over before they are eaten.
3. Carve a face on this orange fellow, and light him safely with a flashlight.
4. Here’s a kind of light that runs on batteries and helps trick or-treaters to see in the dark.
5. This is made from wax and a wick and then lit with a flame, so it must be kept away from curtains and carpets and things that burn.
6. Witches ride this, Moms sweep with it, and kids move it off the stairs so that no one trips over it!
7. Better not run across this patch of grass around the house—clotheslines and statues are hard to see in the dark. (LB)

Answers on page 12

5 a Day - for Better Health!

Healthy Eating

5 a Day - for Better Health!

Each month for the last year, I’ve shared a fruit or vegetable recipe from the 5-A-Day Program. This recipe is the last in this 12-part series. *

Autumn Medley Stew - Serves 8

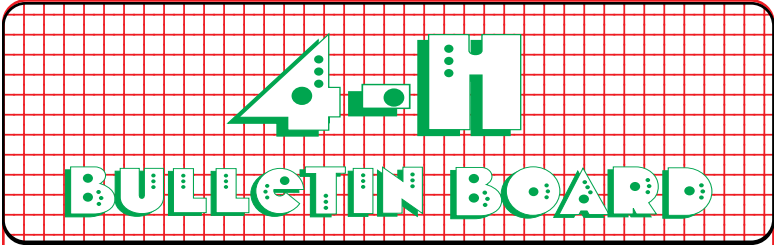
3 chicken half-breasts, without skin
2 cups water (optional - add 2 packets low sodium chicken broth)
1 yellow onion, cut into strips
2 cans stewed tomatoes (15 oz. cans approximately)
2 potatoes, raw, diced
2-3 medium carrots, sliced into coins
1 green pepper, coarsely chopped
1/2 teaspoon black pepper
1 teaspoon rosemary
1 teaspoon Italian seasoning
4 cloves garlic, crushed
4 cups cooked rice

In a large soup kettle, simmer chicken breasts in 2 cups of water (or chicken broth). Add onion to chicken as it simmers. While it’s cooking, slice other vegetables. When chicken is cooked throughout, remove and set aside. Add tomatoes, potatoes, carrots, peppers and spices to onion and broth mixture. Continue to simmer. Break chicken into chunks, debone and add to stew. Simmer 30 minutes or until carrots and potatoes are done. Add rice and simmer 10 more minutes. *This is an official 5-A-Day recipe. Recipe provided by the Idaho Potato Commission.*

Nutrient analysis per serving: Calories, 214; Fat, 1 g; Cholesterol, 22 mg; Fiber, 5 g; Sodium, 200 mg; Percent Calories from Fat, 6%.

For 12 more 5-A-Day recipes (new and different recipes offered each month), send a self-addressed, stamped envelope to: 5-A-Day Recipes, #12; % Alice Henneman; UN-L Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507.

* Eating lots of fruits and vegetables as part of a low-fat, high-fiber diet may help reduce your risk of cancer. The goal of the National 5-A-Day Program, a collaborative effort between the National Cancer Institute and Produce for Better Health Foundation, is to increase the per capita consumption of fruits and vegetables in the U.S. from the current average of 2.5-3.5 servings to five servings a day by the year 2000. (AH)



I Dare You Leadership Award

The I Dare You Leadership Award was first offered in 1941 by William H. Danforth. Mr. Danforth was a successful businessman who dared young people to achieve their highest potential and to influence others through lives of leadership and service. The I Dare You Leadership Award recognizes those who, with a little encouragement, are ready to see themselves as leaders—young adults who are ready to take the dare. The program is for 4-H participants who are juniors or

seniors and have demonstrated personal integrity, lead well-rounded lives and possess a willingness to assume responsibility. They do not need to hold leadership positions currently, but should be recognized by both their peers and adults who work with them as emerging leaders. The award consists of three elements:

- A personalized award certificate
- A copy of “I Dare You”
- Eligibility to apply for a scholarship to the International Leadership Conferences

Nominations may be made by 4-H leaders, parents or friends. They may also be self-nominated. One young woman and one young man will be selected for this award from Lancaster County. In order to apply, submit a nomination form, available from the Extension office, outlining why you think they meet the criteria for this award by October 7, 1996. Nominations should be sent to the Extension office in care of LaDeane Jha. (LJ)

Welcome

University of Nebraska Cooperative Extension in Lancaster County has recently hired two new employees. Autumn Fowler has been hired as an Extension Assistant and Tina Brown will work in the office as an Americorps VISTA (Volunteer in Service to America). Autumn is a graduate of the University of Nebraska-Kearney, with a Bachelors in Organizational Communication. Her education includes a strong foundation in the principles of leadership and interpersonal communication.



Autumn Fowler (left) and Tina Brown

Autumn’s professional experience includes a diverse background in program management, public relations, volunteer relations and fundraising. She has worked for the American Diabetes Association, National Kidney Foundation and the Nebraska State 4-H and Youth Development Office. Working with youth and young adults has been an integral part of Autumn’s professional and personal life. She worked for 6 years during college at a church camp and has remained active as a counselor and director for youth camping. She has also worked with the Nebraska Crime Commission in developing a Juvenile Justice Program in Dundy County, and has been a youth leader in the church for over 8 years.

Autumn and her husband, Matt are happy to be in Lancaster County. Matt is a minister at Saint Paul United Methodist Church in Lincoln. The couple enjoy working on their house, fishing and antiques. Tina Brown is a native Lincoln resident. She has a six year old son, named Michael, who is in first grade. Tina has a BA in Psychology and Anthropology from the University of Nebraska-Lincoln, and is currently working on her MA in Anthropology there. She has experience working with children in both learning and

non-learning environments: leading small group learning activities at Prescott Kindergarten, supervising kids at the Salvation Army Malone Center, and assisting in a daycare. Tina has also done some outreach work when serving on the Teen Parent Panel in high school. In addition, she has lots of research experience, and participated in an applied/developmental anthropology project in rural Mexico last summer. Tina is looking forward to bringing the opportunities that this office has to offer to those kids who have not yet been able to benefit from them. (LJ)

4-H Awards

Take a few minutes and nominate outstanding 4-H adults and youth for the following awards.

Meritorious Service to 4-H Award
The Meritorious Service to 4-H Award is presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible. Service should go beyond the local community.

Outstanding 4-H Member Award
The Outstanding 4-H Member Award is presented to those individuals who have excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities. Leaders and parents may nominate 4-H members by submitting a nomination form which is available at the office. Nominations are due by October 7. (LJ)

4-H Phon-A-Thon

Show your support for 4-H both in Lancaster County and the state by positively responding to calls from Lancaster County 4-H youth during the week of October 9-15, 1996. You will be called between 6:00-9:00 p.m. Not only is this an opportunity for you to give back to 4-H, youth will be participating in an activity that will enhance their ability to communicate with the public and tell the 4-H story during National 4-H Week.

Your pledges will:

- ✓ provide leadership opportunities and scholarships for youth
- ✓ provide funds for the development of new projects and educational opportunities
- ✓ enhance school enrichment programs that reach over 13,000 youth each year
- ✓ train volunteer leaders
- ✓ recognize achievement (LJ)

Things That Go Bump in the Night

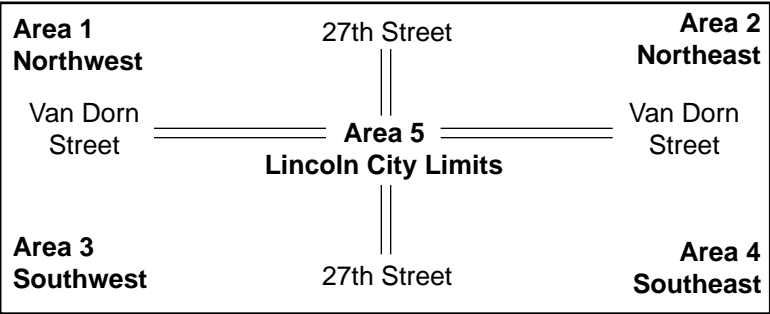
A 4-H Halloween Camp—naturally! Saturday and Sunday, October 26 and 27, beginning at 5:00 p.m., Saturday, October 26. Any youth ages 8-13 can come. 4-H membership is not a requirement. Cost is \$25. Send your fee and a form (available at the Extension office) to the Eastern Nebraska 4-H Center. (LJ)



Be a part of 4-H Council

Nominate talented, interested and dedicated youth and adults for a position on the 4-H Council. Current members and the areas from which they were elected are noted below. Aster-

isks indicate those positions up for election this year. Nomination forms and more information are available at the Extension office and are due October 2, 1996. (LJ)



- * Diane Fry Northwest adult
- Scott Christensen Northwest youth
- * Rhonda TuckerLincoln youth
- Robin StearleyLincoln youth
- Janet Anderson Lincoln adult
- Galen Madsen Lincoln adult
- Brett Jurgens Northeast youth
- * Marvin MuellerNortheast adult
- * Emily Mitchell Southeast youth
- * Rosie VerMaasSoutheast adult
- Kent Rosenboom Southwest youth
- Brent Sieck Southwest adult
- JoHanna Madsen At large
- * Ardel Harger At large

Make a Difference Day

Here is a chance for 4-H clubs to participate in community service projects on “Make a Difference Day”, October 26, 1996. The day is sponsored by USA Today Weekend Magazine and the Points of Light Foundation. For every project registered with the magazine, Campbell Soup Company will donate food in the project’s name to a nearby food bank. \$120,000 is awarded to recognize outstanding efforts on the day. (LJ)



4-H... More Than You Ever Imagined.



National 4-H Week

October 6-12, 1996

“Celebrating the accomplishments of 4-H youth across the nation”

YOUR club can help promote National 4-H Week by...

- ◆ writing a letter to the editor of your local newspaper about 4-H
- ◆ putting up a 4-H display at your school, in a mall or at a library
- ◆ coordinating a service project during 4-H Week
- ◆ inviting new people to join your club
- ◆ volunteering to give a presentation about 4-H to local organizations such as Optimists, Kiwanis, churches, etc.
- ◆ be creative!



Let us know about your National 4-H Week activities so we can include them in the NEBLINE. (AF)



4-H leader opportunities

Nebraska State 4-H Volunteer Forum

What is it?
An opportunity for those who provide leadership to 4-H to see what's new in 4-H, share ideas from other counties, increase leadership skills and take advantage of personal development opportunities. Workshops are presented by 4-H volunteers and staff.
Who is it for?
Anyone who is or would like to become involved in 4-H.

How to get involved
* Mark your calendar now for February 1, 1997 to attend the Nebraska State Volunteer Forum at the Holiday Inn, Hastings, Nebraska.
* Request further information from the Extension office. Workshop descriptions and other program information and registration will be available later this fall.
Tri-State Leaders Forum
The Tri-State Leader Forum is especially designed for 4-H parents, leaders, junior leaders,

Extension staff and other volunteers in youth organizations from the states of Wyoming, Nebraska and South Dakota. This two-day conference features keynote addresses and over 29 workshops, as well as round table discussion groups and practical hands-on learning experiences.
When: October 25 and 26
Where: Hitching Post Inn, Cheyenne, Wyoming
For More Information:
Contact the Extension office (LJ)

4-H Cloverbuds part of new partnership

A new partnership has been formed with 27th Street Salvation Army Rec Center and University Place Art Center, 2601 North 48th Street to co-sponsor a 4-H Cloverbuds club for 5-8 year old youth. Salvation Army after-school youth will be bused weekly to the art center to enjoy hands-on experiences under the direction of art center personnel.
This special-interest club is in urgent need of many common household items that will be used in their weekly activities. If you can help, please check the list below and bring items to the Extension office. (SE)

Help provide Cloverbud-age youth (ages 5-8) with a positive educational experience—bring any of the following items to the Extension office.

- | | | |
|---|---|---|
| <ul style="list-style-type: none">• Any plastic bottles (water, dishsoap, bleach, milk, aspirin, etc.)—with or without handles.• Tissue boxes• Rubber bands• Brown and white paper sacks• Colored tissue paper• Buttons• String• Pipe cleaners• Glitter• Embroidery floss• Copy paper• Stryro balls• Glue and glue sticks | <ul style="list-style-type: none">• String elastic• Crayons• Markers• Seeds - pinto beans, kidney beans, popcorn, sunflower• Poster board• Clear glaze spray• Food coloring• Felt tip pens• White plain paper towels• Varnish• Varnish remover• Pin backings• Animal crackers• Wooden spoons• Empty thread spools | <ul style="list-style-type: none">• Fake jewels• Gold paper• Oatmeal containers• Ric-rac trim• Cupcake liners• Fabric scraps• Yarn scraps• Feathers• Cotton balls and q-tips• Snowcone cups• Small paper drinking cups• Pasta - all colors and shapes• Plain cardboard• Coffee cans - clean• Tin cans - clean |
|---|---|---|

4-H & Youth



Hip hip hooray...

Special congratulations to the following 4-H members who achieved special recognition through their hard work at the Lancaster County Fair:
4-H horse show
Hadley Richters received the 1996 Wittstruck Award for outstanding 4-H Horse Exhibitor in memory of Wilhemena Wittstruck.
Kellie Hollman received the 1996 Jean Card Trophy for the fastest time in the barrel racing class.
Michelle Ronhovde received the 1996 Confer Trail Award for the most points earned during the

trail obstacle course. This award is funded by Dick & Cookie Confer.
4-H dog show
John Savage received the 1996 Outstanding 4-H Dog Exhibitor in memory of Jonathan Backes.
4-H rabbit show
Michael Trawinski received the 1996 Outstanding 4-H Rabbit Exhibitor.
Dawn Eggert received the 1996 Reserve Outstanding 4-H Rabbit Exhibitor presented by the 4-H Rabbit VIPS Committee in memory of Jonathan Backes.
Congratulations to everyone for a job well done! (CB)

What happens to those school clothes!

On the first day of school my children looked absolutely perfect. Six-year old Jessi skipped to school in a snappy green outfit and Ben (who's eight going on fourteen) marched off with new shoes and bright "white" socks. After one month, all those bright white socks and new (or nearnew) school outfits are already showing the wear and tear of being attached to two very energetic children.

If your family is like mine, this may be a really good time for 4-H Cloverbud clubs and Cloverbud families to check out some terrific curriculum on clothing care. I'd like to suggest *Oh, No! Stains!* (Michigan State University) and/or *Clothing Care* (Minnesota State University).

These fun lessons help 5-8 year old children and families learn about clothing by:

- building awareness of the importance of clothing care.
- helping children realize that they can try to avoid getting stains on their clothing.
- helping children understand that wearing clean clothes can help people look nice.
- helping members learn how to take care of their own clothing.

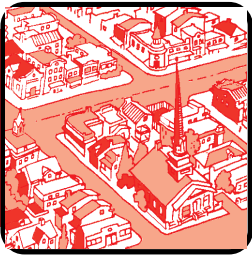
Hopefully, Jessi won't have to have another "smiley face" patch sewn on her snappy new green outfit (after only the first day of school mind you) and Ben will learn to keep his socks "white" as long as possible. I'd like their clothes to last longer than one month (or one day) this year. (SE)

HORSE BITS

“How many sounds does a horse make?”

The vocal repertoire of the horse is not great and the sounds it can make are far from musical, but it never the less possesses a simple, useful language of snorts, squeals, neighs and nickers which convey its changing moods.
The snort—carries the message “there may be danger here”. Although its most common use is when a strange object is detected in the distance; the mood is one of great interest tinged with anxiety—a state of conflict.
The squeal—this is a defensive signal sound. In aggressive encounters it means “Don't push me any further”.
The greeting nicker—is really a general salutation, saying in effect “Hello, good to see you”. This sound is a low-pitched, guttural sound with a pulsating quality.
The courtship nicker—this sound performed by a stallion

approaching a mare; in other words the equivalent in human terms would be “Hello beautiful”.
The maternal nicker—is a very soft, barely audible sound given by a mare to her foal as if to say “come a little closer”.
The neigh—sometimes called the whinny. It is usually a request for information. Such as “I am over here, is that you?” “Yes, it's me, I hear you”.
The roar—this sound is not heard very often, but is heard when horses are fighting seriously.
The blow—“What's this” or a signal of well-being “Life is good”. Similar to the snort in sound.
Remember, all horses are different and the tone of each sound may be different depending on the situation and may alter its precise meaning. Equine sounds should always be read with this in mind. (CB)



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The language we use makes a difference

- Say person with a disability...instead of disabled or handicapped person.
- Say person who has cerebral palsy...instead of palsied, C.P., or spastic.
- Say uses a wheelchair...instead of confined to a wheelchair, wheelchair bound.
- Say person with mental retardation...instead of retarded, M.R., slow.
- Say has a physical disability...instead of crippled, lame.
- Say seizures...instead of fits.
- Say person who has epilepsy...instead of epileptic.
- Say has a learning disability...instead of is learning disabled.
- Say has mental illness...instead of insane, crazy.
- Say person, citizen...instead of client, patient, resident. (LJ)

A generation lost?

Statistics point toward growing troubles for America's youth. According to the National Association of Psychiatric Treatment Centers for Children:

- The number of children who need mental health services doubles each year.
- The number of juveniles entering the correctional system has doubled since 1988.
- Of juveniles in the correctional system, 30 percent have an emotional or behavioral problem.

And research continues to uncover the disturbing trend toward young offenders committing serious crimes. A recent study of delinquency in children under the age of 10 in Hennepin County, Minnesota, including Minneapolis, illustrates the extent of the problem.

- Child welfare workers previously had investigated the families of 81 percent of children arrested.
- 70 percent of the children had a parent or sibling with a criminal record.
- 91 percent came from families that either were on welfare or had received public aid in the past.

Source: Enriching Family Relationships Newsletter by Herbert G. Lingren, Ph.D., Extension Family Life Scientist. (LJ)

Community empowerment of youth

LaDeane Jha
Extension Educator

"Source", a quarterly newsletter of the Search Institute, indicates that a key developmental need among youth is to be valued and valuable. They say, "Young people's experience of contributing to their community and being valued by others can help to shape their life commitments." However, we often do not value the contributions that youth can and do make. In fact, young people are often viewed with suspicion and fear.

A few years ago Search Institute developed a set of developmental assets that, if found within a community, empowered youth to succeed. They recently added four new ones. These include:

- The community values youth—Young people perceive that adults in the community value youth.
- The community sees youth as resources—Young people are given useful roles in the community.
- Community service is integral—Young people serve in the community one hour or more per week.
- Safety—Young people feel safe at home, school, and in their neighborhoods.

There is a concern nationally that these four assets are in short supply in many communities. An example from Albuquerque and Minneapolis supports this concern (see below).

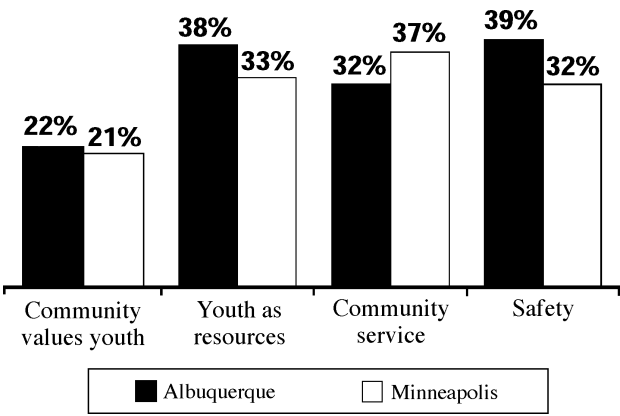
For example, overall 39 percent of Albuquerque youth and 32 percent of Minneapolis youth say they never feel afraid of getting hurt in their neighborhood, school, or home. This means, however that 69 percent of youth do feel afraid.

As we look at surveys and studies such as these, it is

important to think about the ways that we can begin building assets in our community that support youth. What, for example, can we do to value youth, use them as resources, help them feel safe? Think about your neighborhood, school or home. How can we enhance each of those environments in ways that help youth succeed? How do we build assets? If you have creative ideas, let us know—we'll share them in later articles.

Empowerment assets among youth

This chart shows the percentages of 6th to 12th graders in Albuquerque and Minneapolis who reported having each of the empowerment assets in Search Institute's expanded model of 40 developmental assets.



Hunger and poverty myths in Lancaster County

Myth 1: Hunger is not a problem in Lancaster County.

FACT: The number of emergency food pantry meals served via Lincoln Interfaith Council's *Emergency Food Pantries System* increased from 325,305 in 1994 to 331,548 in 1995 and the rate continues to grow in 1996.

Myth 2: The reason people are hungry is because they are too lazy to work.

FACT: The vast majority of program recipients (82%) are at or below the poverty level, with at least one member of the household employed. The problem is not "unemployment"; the fact is "underemployment".

Myth 3: If welfare recipients wanted to work, they would get jobs and that would be enough.

FACT: The jobs single mothers receiving welfare are finding are mostly in the service sector, where the average full-time wage for welfare recipients going through the JOBS program

is \$4.86 an hour, for part-time workers, the average wage is \$4.25 per hour. Welfare mothers with little education and skills are competing against others in a job market saturated with low-wage, temporary, part-time jobs. These jobs, in addition, are not likely to have job benefits.

Myth 4: The minimum wage is only supposed to prevent poverty, not assure a higher standard of living, and it does that already.

FACT: Hardly. In 1995, full-time, year-round minimum wage earnings alone equaled only 73% of the federal poverty level for a family of three. Indeed, the minimum wage, which is not indexed to inflation, would need to be about \$5.75 per hour to provide the same purchasing power as in the 1970s.

Myth 5: Most minimum wage earners are teenagers not really dependent on their own income to live or support a family.

FACT: Contrary to popular stereotype, teenagers make up only about 15% of the minimum wage workforce. Most minimum wage workers support their families on their meager incomes. The average minimum wage earner contributes half of family income and two out of five are the sole breadwinners in their families. The minimum wage is especially important for women, who make up two-thirds of the minimum wage workforce.

Myth 6: Most people can get by on minimum wage.

FACT: In Nebraska today, a full-time single parent must make at least \$10.52 an hour to minimally support her two children without any public assistance. In a two-parent household where both parents work, each would need to earn a minimum of \$7.00 per hour just to provide the basic necessities for a family of four.

Monthly and Annual Cost of Family Support for Nebraska Single-Parent Families

Family Size	2	3	4
Food	\$240	\$335	\$421
Housing	\$446	\$446	\$585
Health Care	\$176	\$201	\$226
Transportation	\$132	\$141	\$149
Child Care	\$180	\$360	\$540
Clothing/Miscellaneous	\$142	\$183	\$223
Monthly Total	\$1,315	\$1,666	\$2,145

Annual Total \$15,780 \$19,987 \$25,740

Source: "Economic Self-Sufficiency: The Minimum Cost of Family Support in Nebraska", 1994, Pat Funk, Ph.D. (LJ)

Head off homework struggles

The start of school may also begin the struggle over doing homework. Parents should not have to spend time helping their children with their homework if they cultivate a good learning environment. The following tips may help win the homework struggle.

1. Create an appropriate place to study. This must be a quiet, well-lit, comfortable area with few distractions. Any necessary supplies should be close at hand. A "Do Not Disturb" sign may serve as a reminder during homework time.

2. Schedule homework into your child's life. Making time for homework in advance may help end discussions about when it will be done and put a halt to any stalling tactics. Let the child figure out the time for homework. By doing so, she/he accepts responsibility for completing assignments.

3. Do not do the child's homework. Doing a child's homework sends a message that the child isn't capable of doing it alone. It also may give a false impression of the child's abilities if the homework is really done by an adult.

Additionally, there may come a point when the materials becomes too difficult even for the adult!

4. Acknowledge the child's efforts. Often, parents yell when homework is NOT



done—but say nothing when it IS done. Responding only to bad behavior is a mistake because some children will use the unwanted behavior to gain attention.

Children often find creative ways to get around doing homework. Potential problems can include:

1. Your child forgets homework or leaves her/his books at school. This is often an excuse to do activities other than school work. A

solution may be to fill the homework time with something else academic so that the study time is not skipped.

2. The child rushes through homework. Again, this is often the case when the child would rather be doing something else. If she/he is racing through homework, fill the remaining study time with another academic activity until the time is up.

3. An assignment is put off until the last minute. Breaking down assignments into manageable segments will make projects less overwhelming. Each task can be scheduled into the study period, until the project is completed.

4. The child takes all night to complete homework. Children are easily distracted and may have trouble focusing on the task at hand. Set a timer and let the child try to "beat the clock" by completing homework before the bell sounds.

Concerns about homework can be addressed with a teacher to explore other difficulties. Problems may stem from a learning disability or from inappropriate homework. (LB)

Senior food safety tips

Older people dining out need to be extra careful about food safety. Statistics show that older persons are 10 times more likely to die from consequences of foodborne illnesses than the rest of the population, due to their weakening immune system.

The following basic guidelines can make dining out safe and fun for senior citizens.

1. Order hamburgers well-done, and then check to make sure there's no pink. If there is, send it back to be recooked. Never eat raw meat, poultry, or

seafood such as steak tartars, raw oysters or sushi.

2. Take leftovers straight home and put them in the refrigerator. Never leave them in the car while you go shopping, to a movie, or to visit friends. Bacteria grow rapidly on perishable foods left unrefrigerated for even two hours. The results could be fatal.

3. Check to see that the restaurant is clean. If the floor and the waiters look grimy, there might be creepy crawlers scuttling on the walls, and the

kitchen could look even worse. Eat someplace else.

4. Raw or undercooked eggs may mean salmonella. Sunnyside-up eggs, Caesar salads, hollandaise sauce, some custards, or any foods that contain cooked eggs could also pose a potential threat. Ask your waiter or waitress if you feel concerned about a food item.

5. Always keep hot foods hot, cold foods cold, and all foods clean.

Source: Julie Albrecht, Ph.D., Food Specialist, NU/IANR. (AH)

Stop the hurry habit

With a new school year starting, parents are hurrying here and there to prepare their children adequately.

Trips to clothing stores to have a well-dressed child in school, and to local discount stores to get all the needed school supplies, are just a few additions for a parent's already busy schedule. Oh, and one can't forget the trip to the grocery store for those goodies to pack for lunch!

Stop! Take a look at your children. They seem to be experts at enjoying the here and now. Parents could greatly benefit from this view of life.

Children have figured out that in focusing on "later," the opportunity for today is often missed. Living in the here and now doesn't mean one is indifferent to important deadlines. It just challenges us to live more completely.

The best way to start enjoying the moment is to stop

once an hour for a minute or so to soak up the surroundings. Did you notice something that you had missed before?

The next time your child stops to inspect something, follow the lead. It might be hard but resist the urge to direct your child immediately to the task at hand. This allows for spontaneity.

Play with your child. While it might only be on weekends, playing with your child will open your mind to what your child wants to do and say. It will help you get to know your child better.

Learn to listen without being judgmental or critical. At dinner or in the car, encourage your child to discuss the day, concerns or joys. This is an excellent way to show that you care about the things happening in their lives. Avoid jumping to conclusions or excessively remarking. Let

your child speak while you focus on what is being said.

Young people have the need to be viewed as mature. While parents know they are growing and maturing in preparation for life, children want to be viewed as whole individuals. This approach will make it easier to support, love accept and appreciate the child.

With this subtle attitude change, you might be surprised at how your children are different from what you think they are. It is important to concentrate on the positive qualities when viewing your child.

Finally, seize the moment. Learning to live in the present means that in the future you won't be plagued by what you missed out on. Instead, you will be able to rejoice in the beautiful memories you shared with your children.

Source: Kathleen Lodl, Ph.D., 4-H youth development specialist, NU/IANR. (LB)

Family Living

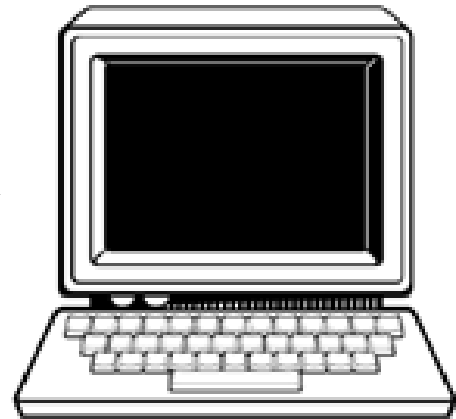


Nutrition and food safety web site

Visit our internet web site at: <http://ianrwww.unl.edu/ianr/lanco/family/safety.htm>

You can:

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Rural \$ense



Kill alfalfa stands in fall

As an alfalfa stand ages, it becomes less productive and eventually must be replaced. Two to three alfalfa plants per square foot will produce maximum yields in older stands on dry land. Stands thicker than this will not produce more forage because the lack of moisture limits production. Therefore, it is usually best to rotate to another crop for several years before reseeding alfalfa.

Fall is an excellent time to kill alfalfa with herbicides in preparation for next year's row crop. The increased use of no-till treatment makes this a popular alternative to plowing. Plowing may not completely kill the alfalfa. Herbicides are more economical

than plowing, very effective, and will leave the soil in a condition which is less susceptible to erosion. Applying herbicides in the fall will eliminate hurried applications in the spring and possible planting delays due to product label restrictions.

An economical, consistent alfalfa control treatment is a combination of one quart 2,4-D (four lb/gal) plus one-half pint of Banvel per acre. Make sure that the alfalfa has at least 4 inches of top growth so there is sufficient plant surface for herbicide uptake. Applications made in October, prior to a hard freeze, will produce the best results. (DV)

Stress reduction tips

- ◆ Share concerns or troubles with a trusted friend or professional (i.e., minister, banker).
- ◆ Get involved in church, school or community organizations that help expand your sense of purpose and self esteem.
- ◆ Approach tasks and problems with an "I can" and an "I care" attitude.
- ◆ Set priorities; do important tasks first.
- ◆ Set realistic goals for you and your family, as well as land and livestock. (When any one of these doesn't meet expectations, farmers may become frustrated.)
- ◆ Get a good night's sleep.
- ◆ Take a night course in stress reduction.
- ◆ Take quality time for you and your family. (DV)

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County

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Gary C. Bergman

Gary C. Bergman, Extension Educator–Unit Leader

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Extension Calendar

All programs and events will be held at the Lancaster Extension Conference Center unless otherwise noted.

October 1

- 4-H Council Meeting 7:30 p.m.
- All 4-H Record Books (for awards) Due

October 2

- Nominations for 4-H Council Due

October 6

- Teen Council Meeting 3:00-5:00 p.m.

October 6-12

- National 4-H Week

October 7

- Meritorious Service to 4-H Award Nominations Due
- 4-H Scholarship Applications Due
- Outstanding 4-H Member Award Nominations Due
- I Dare You Award Nominations Due

October 8-15

- 4-H Phon-a-Thon

October 21

- CWF Meeting 7:00 p.m.

October 24

- Termite Control Workshop for Homeowners 6:30-9:30 p.m.

October 26

- Make a Difference Day

October 26 & 27

- Things That Go Bump in the Night Halloween Camp
—*Eastern Nebraska 4-H Center, Gretna*

October 28

- FCE Achievement Day 6:30 p.m.

Nebraska 4-H Volunteer Newsletter

The Nebraska 4-H Volunteer Newsletter shares programming ideas, youth development information, meeting ideas and activities happening in Nebraska 4-H. The quarterly newsletter will come to your home for \$4 per year. Contact LaDeane at 441-7180 if you would like to purchase a subscription. (LJ)

Public Invitation

Lancaster County Extension Board Meeting

Held at the Lancaster Extension Conference Center the second Monday of each month at
7:30 p.m.

Monthly agenda available for review
See Extention Office receptionist 8:00 a.m.-4:30 p.m.,
Monday-Friday

Answers to crossword puzzle on page 7

Across

- 2. Trick or
- 3. Proof
- 6. Mask
- 7. Tape
- 9. Lantern
- 10. Halloween

Down

- 1. Costume
- 2. Treats
- 3. Pumpkin
- 4. Flash
- 5. Candle
- 8. Broom
- 9. Lawn